

# „Role-play: complaints”

Creativity applied to Sadness

# „Creating Wellbeing”

## CREATIVITY APPLIED TO SADNESS

### 1. NAME OF THE ACTIVITY

Role-play: Complaints

### 2. DESCRIPTION

Learning to complain is a very healthy way to deal with sadness. In this way we don't keep discomfort inside: but let out those emotions that can destroy us from inside. Some people are afraid of showing their emotions, but sometimes it is necessary to let the negative energy out, and put into words the reasons for one's discomfort.

We are going to put into practice a few role-playing games that will allow us to analyze and improve our ways to deal with situations that cause sadness. We are sure that after this experience the criticism expressed by the participants will be more constructive. We will write down some topics and situations on small pieces of paper that will be later interpreted by pairs of elderly people.

## OBJECTIVES

- To practise letting out your negative emotions.
- To practise constructive criticism
- To prevent the development of sadness or depression as a result of extrapolating model situations on their real life.

## 3. RESOURCES AND MATERIALS

- Handouts, small pieces of paper or stickers with short descriptions of situations.
- Pens & sheets of paper to draft some possible answers.

## 4. IMPLEMENTATION – INSTRUCTION

The following situations have to be interpreted by the elderly:

**1.- A policeman just left us a ticket on our windshield and we will try to explain that it is not fair because we have double parked for only a few minutes.**

**2.- The food we found on our plate today is not exactly "delicious". It is not the first time this has happened to us.**

**3.- We are in the bus queue at rush hour and we notice that a person is placed in the first positions without respecting their turn of arrival.**

**4.- We have just received our grades. The results are "catastrophic". The exam was considered very difficult by the majority. We express our complaints to the teacher who wrote it.**

In each pair there will be a COMPLAINER and a RECIPIENT. Each person has to take each role at least for once.

After each interpretation we will ask the people who have acted HOW THEY HAVE FELT. This, as we have already repeated many times, is very important and we must pay enough attention to it. Once they tell us about their feelings and emotions during the interpretation, we will move on to the analysis.

Do situations like this occur in reality? Have we experienced a similar situation in first person? Although it has been very good considering the difficulty of the situation, could it be improved in any way? Has the person receiving the complaint been convinced or has a major confrontation been created?

This series of questions, or some other similar ones, should be asked after each interpretation. It is not a question of having time to perform all the proposed role-plays, but of analyzing them in depth to extract the learning that will facilitate our lives (and those of other people).



## 5. POSSIBLE MODIFICATIONS AND INSPIRATIONS

It can be done in pairs or in groups of three-four, where parts RECIPIENT-COMPLAINER can be extended to OBSERVER.

## 6. EXPECTED RESULTS

- Better ability to express negative emotions until they accumulate and lead to sadness or depression
- Better ability to express constructive criticism

## 7. PREPARED BY